

PROGRAMS AND SERVICES

FREE AARP TAX PREPARATION

Two trained AARP volunteers will be at the Truro COA to prepare your taxes for free starting on Wednesday, Feb. 13, 2013. Please call MaryEllen for an appointment -508-487-2462 ext.10. They will be available every other Wednesday. The last day is April 10, 2013. You will need to pick up, and fill out initial paperwork and a sheet informing you as to what you need to bring to your appointment.

INFORMATION FROM LEGAL ASSISTANCE

As you may know, Medicare's Skilled Nursing Facility (SNF) coverage is triggered by a "qualifying stay" in a hospital first--that is, a Medicare recipient has to have had a 3 day hospital stay prior to entering a nursing home. An emerging concern for Medicare advocates is that many Medicare beneficiaries find out after arriving at the SNF that even though they might have been at the hospital for three days, they weren't *admitted* by the hospital, but rather were in "observation status," which doesn't count toward the requisite three days, and consequently, they are informed that Medicare will not cover their SNF stay. That means you will end up with a **HUGE BILL!**

Hospitalized Medicare beneficiaries should make it a point to ascertain their status while at the hospital. If they become aware of this issue only after arrival at the SNF, they should ask the nursing home administration to submit a "demand bill" to Medicare, seeking coverage. They should also plan to appeal when they receive their Medicare summaries detailing the Medicare payments made during the hospitalization. Circle the "observation" status, and appeal asserting that they in fact received services geared toward inpatients. They should also appeal any denial of the SNF stay that is based on observation status. Any Cape Medicare beneficiary faced with these issues is invited to contact the Medicare Advocacy Project, at 508-775-7020.

For more information Attorney Tom Kosman is available on the second Wednesday of each month by appointment only. Call the Office Manager at 508-487-2462 ext. 10.

BEREAVEMENT SUPPORT GROUP

The VNA Hospice Bereavement Support Program is for people who are coping with the loss of a loved one. The group will meet on **Wednesday, March 13 from 1P.M. to 2:30P.M.** and once a month thereafter at the Truro COA. You do not have to attend every time. There is no charge for this group. Pre-registration is required. For more information and to register please call Nancy Higgins, LICSW, VNA Hospice Bereavement Coordinator at 800-631-3900 x7715 or 508-957-7715.



VISITING NURSE ASSOCIATION OF CAPE COD
Cape Cod Healthcare

HEALTH & WELLNESS

Dr. Frank Campo, Podiatrist

Please call the main office of the COA to make an appointment for all foot care problems, as well as routine care. Most of his services are covered by Medicare and other insurance (please bring your cards). Prior approval is needed for HMO's. Call at least a month in advance. Dr. Campo will be at the COA on Friday, March 15th.

March is Colorectal Cancer Awareness Month

Recent research at the University of California, San Diego regarding communication about polyps (grapelike growths on the wall of the intestine) revealed an interesting finding. Very few patients with polyps reported that their doctors told them to share the information with their family members. Since colorectal cancer is one of the few cancers that can be detected early or prevented altogether it is critically important for people to communicate openly with their doctors and family members. The research recommendations are as follows:

- Always ask for a copy of your colonoscopy report**
- Always ask for a copy of the pathology reports (results of the biopsy or tissue examined by the pathologist)**
- People with adenomas (precancerous growth) should tell their brothers and sisters about the polyps especially if there is a family history of colon cancer.**
- If several people in the family have had colon cancer they can consider asking for a referral to a cancer genetics clinic to see if genetic testing makes sense for their family.**

This year, over 142,000 people will be diagnosed with colorectal cancer. It's as common in woman as it is in men. So always share your information with your family members. Early detection can save a loved one!

From Dee Yeater, Town Nurse

DENTAL HEALTH NEWS

Help for Dental Health: The Oral Health Care Excellence Collaborative (OHEC) is a program that will help Truro residents with their dental problems and to find affordable dental care on Cape Cod. No insurance is needed. Please call the Truro COA at 508-487-2462 or the OHEC office at 508-771-1375.

VISTING NURSE ASSOCIATION SHINGLES VACCINE CLINIC

Clinics are being held for all participants, who are 50 years of age and older, in the Dennis Office on Rte. 134. Appointments are necessary. Please call 508-957-7423 to get more information and to make an appointment.

LET'S GET MOVING

Let's Go Swimming at the Beach Point Health and Swim Club!!

The Friends of the Truro COA have prepaid for 20 memberships at the Health and Swim Club for residents 60+ years old living in the towns of Provincetown, Wellfleet and Truro. Memberships cost \$180.00 for 30 visits. Stop by the Truro COA to sign up for your membership today!!

Tai Chi and Chi Kung

Wednesdays mornings from 8:30-9:30 at the Truro Community Center \$5 pp/per class

This class combines the slow movements of Tai Chi and Chi Kung for the benefit of mental and physical balance and general well being, with an emphasis on "mindfulness"-remaining focused in the here and now. The health benefits of focused slow movement have been amply demonstrated by recent medical research. The instructor, Geof Karlson, has been teaching yoga, tai chi, chi kung and meditation for seven years on Cape Cod. He currently teaches in Wellfleet, Orleans, and Harwich.

TRURO HIKING/WALKING GROUP

Come and enjoy a guided walk with Bob Lowe, Club Coordinator. The distance and location vary each week, depending on the desires of the participants. This is a great opportunity to get some exercise, socialize with your neighbors, and enjoy the beautiful and remote settings that Truro offers.

Tuesdays at 10 am

For more information go to: www.truro-ma.gov/recreation

Any questions concerning the hikes, please call Truro Recreation Department at 508-487-1632.

What is the PACE Class?

The title PACE stands for "people with arthritis can exercise" but you don't have to have arthritis to join! This class includes gentle strengthening, stretching, balance work, as well as breathing exercises. This gentle fitness program is ideal for people with general weakness and beginning exercisers, as well as people with arthritis. Participants are encouraged to work at their own pace and may choose to do part or all of the class sitting.

Learn how to exercise comfortably and have your questions answered by instructor Kathy Stetson, who is also an experienced physical therapist and exercise leader. PACE is a free class! Class meets on Thursdays from 12:30-1:30 in the COA activity room. If you have questions, please feel free to call Kathy @ 508-349-1014.

LET US ENTERTAIN YOU

MYSTERY BOOK CLUB

FRIDAY, MARCH 8, 12:30-1:30 pm

A Grave Talent by Laurie R. King

Friday, April 12, 12:30-1:30 pm

Fire and Ice by Dana Stabenow

John Carbone's

Friday at the Movies 1:30

March 1 The Good, the Bad, and the Ugly 1996, 161 min. Clint Eastwood, Eli Wallach, Lee Van Clef

March 8 Toy Story 3 2010, 103 min, Tom Hanks, Tim Allen, Joan Cusack, Ned Beatty

March 15 The Dark Knight 2008, 152 min. Christian Bale, Heath Ledger, Aaron Eckhardt, Michael Caine

March 22 Ratatouille 2007, 111 min. Brad Garrett, Lou Romano, Patton Oswalt

March 29 In Her Shoes 2005, 130 min. Toni Collette, Cameron Diaz, Shirley MacLaine

Free popcorn is served. All are welcome.

Please call if you need further information - 508-487-2462 .

HEALTH AND WELLNESS

KATHY STETSON

Exercise and Osteoporosis Update

Save the date! On Monday, March 11th, Kathy Stetson, Physical Therapist and exercise instructor will be at the Truro COA to discuss the latest news on exercise and bone health. We will learn how exercise can help to halt or delay age related decline in bone density. We will also talk about which types of exercise are best, how often to do them, appropriate intensity and precautions. This presentation will be interactive, so bring your questions and concerns for discussion. We will meet in the COA activity room on Monday, March 11th from 10 am to 11 am. Please call 508-487-2462 ext. 10 to register or to arrange for transportation dial ext. 20.



MARCH BIRTHDAYS



1 Kevin Brennan Manny DiMaculangan Shirley Drasher William Golden Margo Martin Deborah Mawhinney Sonia Scheidler Daniel Schnabel	Patricia Smith	15 Donald Perry Cynthia Prelack	Irma Ruckstuhl
2 Jennifer Clark Kathryn Fair Walter Morrison Alice Onbashian Sonny Silvia	7 Martha Neal Peter Ward	16 John Marshall Hilde Oleson	24 Brian Boyle Joseph Colliano James David Salvatore Fiumara Mary Perry
3 Michael Rorro	8 Jacquelyn Boyd- Emond	17 Ernest Dickinson Thomas Santos	25 Thomas Kane Judith Schmitt
4 Ralph Freidin Annette Merrill Albert Silva Mary Louise Silvia Laura Thornton	9 Barbara Childers Gary Doss Joyce Guild	18 Mark Peters	26 Jeanne Davis Anne Kelley
5 David Foster Dorothy McQuinn Richard Sinnot	10 Carol Byrne Alice Caulfield Richard Houser Raymond White, Jr.	19 Edgar Francis III	28 Alice Bens Roberta Franklin Howard Irwin Alfred Melenbacker
6 John Kolb Joyce Mathews	11 John Young, Jr.	20 Linda Armstrong Lillian Kelly Cynthia Turner Berg	29 30 Irene Silva Daniel Slater
	12	21 Wendy Levine Brian Trainor Joanne Yaremko	
	13 Sheila Darcy Bernadette Travis	22 Michael Coelho	31 Esther Kingston-Mann James Moffitt
	14 Leslie Jackson Suzanne Joyner Helene Lyons Thomas Rosenkampff Joanne Segal	23 Meredith Bradford Alex Marshall	

TRURO ANNUAL TOWN MEETING & ANNUAL TOWN ELECTION

Annual Town Meeting Warrant **opened January 30th** and will be closing **March 1, 2013.**

The deadline for money articles for Annual Town Meeting is **February 12, 2013.**

Annual Town Meeting is scheduled for **Tuesday, April 30th.** At that time, a motion will be made to adjourn the meeting until **Thursday, May 2nd** due to a conflict with the State Primary Election.

The Meeting on May 2nd will be held at 7:00 pm located at the Truro Community Center on 7 Standish Way.

**Annual Town Election is May 14th from 7:00 am to 8:00 pm also at the
Truro Community Center.**

WHAT'S COOKING AT THE COA

**TRIP TO TRADER JOE'S
FRIDAY, MARCH 22
at 9 am**

**Reservations are required.
Please call Transportation
Coordinator Margie Childs
508-487-2462 ext. 20**

**Free Baked Goods from the
Stop and Shop in
Provincetown**

**On Mondays and Thursdays we
have FREE Baked Goods at the
Truro COA! Feel free to stop in be-
tween the hours of 9:00-4:00 pm**

HEALTH AND WELLNESS

THE BENEFITS OF PHYSICAL ACTIVITY AND EXERCISE

We have all heard that exercise is good for us and that we ought to do it, but you may be surprised to find out just how much good it can do. The list below highlights some of the major effects people experience with regular exercise:

- Increased strength
- Improved balance
- Increased flexibility
- Decreased pain in some cases
- Weight loss
- Improved function, increased ease in performing daily activities
- Decreased depression
- Improved sense of control/self-efficacy
- Decreased number of falls
- Reduced number of emergency room visits
- Decreased risk of heart disease, hypertension, stroke, diabetes & osteoporosis
- Improved confidence
- Increased social network w/ group exercise program
- Decreased stress and anxiety
- Decreased risk of certain types of cancer
- Improved sleep

(Information drawn from the Centers for Disease Control, Mayo Clinic, Arthritis Foundation and Mental Health America)

Call the Truro COA today to learn about exercise programs offered here in Truro!

By Kathy Stetson, Physical Therapist and Exercise Instructor

Blood Pressure Clinic

RETURNS!

Truro Rescue Squad will be administering a Free Blood Pressure Clinic at the Truro COA beginning on March 4th at 10:00 am. For more information please call 508-487-2462 x10. Please stop by and visit with us!!!

COOKING CLASSES WITH HEATHER T. BAILEY, CNC

Wednesday Mornings beginning March 6th at 10am

Sessions run approximately 1.5 hours followed by a shared lunch.

Please call the COA at 508-487-2462 ext. 10 to reserve your space.

Celebrate the Flavors Spring: single session - March 6

Spring is in the air and as the earth re-awakens fresh produce from Florida and California starts arriving. We begin to shift away from soups and stews and salads become a larger part of our diet. Learn some delicious new recipes that celebrate these fresh flavors and enhance their health benefits all at the same time.

Grains Glorious Grains: single session - March 13

We all know what pasta and rice are but what about Quinoa, Farro or Black Barley. Whole grains should be part of a healthy varied diet and some of the ancient grains that have lost favor are making a resurgence. Learn how to prepare these unique and nutrient loaded whole grains so you can make them part of your every day diet.

Healthy Baking: single session - March 20

We know we should avoid eating refined flours and sugars and sometimes it is very hard to give up those delectable sweets, but with this class you won't have to. Learn how to use healthier whole grain and even gluten free flours and alternative all-natural sweeteners to make delicious sweets that are a bit healthier for you and friends and family.

Cooking for One: single session - March 27

It can be a real challenge adjusting to cooking for just yourself, especially when it is so easy to heat up a can of soup or microwave a frozen dinner, often with not much difference in cost. However the cost is hidden in the fact that most processed foods are harmful to our health with high doses of sodium and chemical additives and preservatives. Focus will be placed on keen menu planning to ensure you use up the perishable foods you have purchased in a variety of simple and healthful preparations.



TRURO COA CAFÉ

Tuesday March 5 12:30

Meat Loaf, Mashed Potatoes, Peas

Tuesday, March 12 12:30

Corned Beef & Cabbage Dinner

Tuesday, March 19 12:30

Chicken Vegetable Stir Fry with Rice

Tuesday, March 26 12:30

Baked Cod w/Lemon Caper Sauce, Couscous w/Garlic & Herbs

Cost for lunch is \$7.50. TAKE OUT AVAILABLE, Call COA 487-2462 ext. 10

MARCH 2013

Mon	Tue	Wed	Thu	Fri
Sunday, March 10 Daylight Savings Time 1 hour ahead Senior Dinner Sunday, March 24 at 1 pm	COA GALLERY MEGAN O'LEARY PHOTOGRAPHS SUNDAY, MARCH 3, 2-4 OPENING	 Connie Black April 7 2-4 Opening		1 Strength Training 9 Laughing Yoga 10 FREE Friday Movie 1:30
4 Strength Training 9-10 Blood Pressure 10 Memoirs w/ Rosalind Pace 10:30-12:30	5 COA CAFÉ 12:30 	6 Tai Chi 8:30 Strength Training 9 Weight Loss 10 Cooking Class 10	7 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	8 Strength Training 9 Mystery Book Club 12:30 FREE Friday Movie 1:30
11 Strength Training w/Kathy Stetson 9 Osteoporosis & Exercise 10 Memoirs w/ Rosalind Pace	12 COA CAFÉ 12:30 	13 Tai Chi 8:30 Taxes Strength Training 9 Cooking Class 10 Legal Assistance Bereavement 1-2:30	14 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	15 Strength Training 9-10 Dr. Campo by Appointment FREE Friday Movie 1:30
18 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	19 Story Swap 11 COA CAFÉ 12:30 Hearing Tests 1:30	20 Tai Chi 8:30 Strength Training 9 Weight Loss 10 Cooking Class 10	21 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	22 Strength Training 9-10 Trader Joe's 9 FREE Friday Movie 1:30
25 Strength Training 9-10 Memoirs w/ Rosalind Pace 10:30-12:30	26 COA CAFÉ 12:30 	27 Tai Chi 8:30 Taxes Strength Training w/Kathy Stetson 9 Weight Loss 10 Cooking Class 10	28 CORE 11-Noon PACE 12:30-1:30 Mahjongg 1-4	29 Strength Training 9-10 FREE Friday Movie 1:30

COA GALLERY - MARCH
MEGAN O'LEARY - PHOTOGRAPHS

OPENING RECEPTION -SUNDAY, MARCH 3, 2 to 4 pm.

Refreshments are served and all are welcome!

Megan O'Leary became a Cape Cod resident when she entered Kindergarten at The Henry T. Wing School in Sandwich, and it was during her third grade year that the Blizzard of '78 hit. Since then, Megan has been fascinated with all things weather related. In 2005, she joined a WeatherBug team to chase tornadoes through Tornado Alley, and in 2007 she sailed with NOAA's Teacher at Sea program on the Stratus Cruise through the Panama Canal and into the Equatorial Pacific. Photographing weather has always been a hobby that she enjoys sharing with friends, and in doing so her photographs have been seen on WBZ, Fox News, and NECN. She is also has participated in Weather Wise's Photo Contest each year since 2010, winning honorable mentions in 2010 and 2012, and the Grand Prize in 2011. Megan is currently a 5th grade teacher in Truro, Massachusetts.

If you are interested in purchasing one of Megan's photographs, contact her at: MeganOLEary1@gmail.com

COA GALLERY - APRIL
CONNIE BLACK - COLLAGE PAINTING

OPENING RECEPTION - SUNDAY, APRIL 7, 2 to 4 pm.

Refreshments are served and all are welcome!

Longtime artist Constance Black will be showing her work, painting collage at the COA in Truro, MA during the month of April starting on April 7th. Educated in Boston at Vesper George, she came to Provincetown to study with Henry Hensche at the Cape School of Art. Marrying at the end of the summer the artist and her husband raised a family. Constance was active through the years at PAAM and continued to study with Jim Forsberg and take workshops at FAAC. She was a founding member of the visual artists coop and formed the Winter Space Gallery at PAAM. She exhibited extensively on the Cape and won a solo show at the Pen and Brush in New York. Known for her watercolors and prints, she has returned in the last few years to collage. This show will be of some of her latest work. She can be contacted @ connieart@verizon.net or visit her website @ www.fireandlight.info.



TRANSPORTATION OPTIONS

Truro Council on Aging provides transportation services, to Truro seniors and non-seniors, who have transport needs that are vital to their health and quality of life.

We provide this service to the best of our ability, but through the year there may be extenuating circumstances that cannot be avoided that could hinder our scheduling. For this reason the options listed below are a wealth of information for those whose needs may not be able to be met through the COA.

DART

Dial A Ride Transportation

The Cape Cod Regional Transit Authority has changed the name of their door to door service from

B-Bus to DART

Dial A Ride Transportation is Available to all Cape Cod residents for any purpose.

Hours of Operation

Monday-Friday

7 am - 7 pm

Saturday 9 am to 7 pm

Sunday 9 am to 1 pm

Reservations

Are required

Call CCRTA

1-800-352-7155



REACH

Reaching Elders with Additional Community Help

Volunteers provide rides and assistance to those discharged from Cape Cod Hospital. Contact the Social Worker at the Emergency Room or the Discharge Planner for help with scheduling this service.

BHT - BOSTON HOSPITAL TRANSPORT

Enjoy comfortable and safe wheelchair accessible transportation from Cape Cod direct to Boston Hospitals. CCR-TA provides medical transportation services on Monday, Tuesday, Wednesday and Friday by reservation to 15 Boston area hospitals. The BHT has bus stops in Wellfleet, Eastham, Orleans, Harwich, Barnstable Commuter Lot and the Sagamore Commuter Lot. Schedule your medical appointments between 10 am & 2 pm. The bus will leave Boston by 3 pm.

Pick up Time Location

7 am	Wellfleet (Outer Cape Health)
7:10 am	Eastham (Superette Rt. 6)
7:30 am	Orleans (Shaws)
7:45 am	Harwich (Rt. 6 & 124 Commuter Lot)
8 am	Barnstable (Rt. 6 & 132 Burger King)
8:15 am	Sagamore (Commuter Lot)

(Reserve no later than 11 am the day before you wish to travel) Fare \$30 ROUND TRIP/\$15 ONE WAY

ESCORTS ALLOWED BASED ON SEATING AVAILABILITY (escort confirmation received day before appointment)

FOR RESERVATIONS CALL - 800-352-7155

Monday thru Friday 8 am to 5 pm

- ♦ Beth Israel/Deaconess Medical Center
- ♦ Brigham and Women's Hospital
- ♦ St. Elizabeth's
- ♦ Mass. General Hospital
- ♦ Boston Medical Center
- ♦ Shriners Burn Institute
- ♦ Children's Hospital
- ♦ Dana-Farber Cancer Institute
- ♦ Veterans Affairs
- ♦ Joslin Diabetes Center
- ♦ Spaulding Rehabilitation Hospital
- ♦ Tufts N. E. Medical Center: Floating Hospital for Children & Tufts School of Dental Medicine

TRURO COUNCIL ON AGING

P. O. BOX 500

TRURO, MA 02666

BULK RATE

U.S.

POSTAGE

PROVINCETOWN, MA

02657

PERMIT #1

CURRENT RESIDENT OR

WHAT DO YOU REMEMBER?

"I remember riding on the trolley cars in Brooklyn and paying 3 cents fare with my friends at an early age." Judy Thompson

" I remember going to the grocery store with \$1 and getting milk and bread and bringing my mother the change." Hilde Oleson

The mission of the Truro Council on Aging is to identify the needs and interests of the community's elderly; to educate the community and enlist support and participation of all citizens concerning these needs and interests; to design, promote, and carry out programs; and to coordinate existing services within our community.

FRIENDS OF THE TRURO COUNCIL ON AGING BOARD

Martha Ingrum, Chair; Jeanne Foulke, Vice President; Girard Smith, Treasurer; Joan Moriarty, Secretary;
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Council on Aging Officers: Rotating Chair; Stephen Royka, Vice Chair; Girard Smith, Treasurer; John Thornley, Secretary. Board Members: Joan Holt, Martha Ingrum, Joan Moriarty, Mary Morley, Bernard Robbins, Kitty Stevens, Claudia Tuckey, Bonnie Sollog, Alternate; Hannah Shrand. **Staff:** Susan Travers, Director; Margie Childs, Assistant to the Director and Transportation Coordinator ; MaryEllen Duarte, Office Manager; Katherine Stillman, Outreach Coordinator & Log Editor; William Goodbody, Web Master, and Nancy Braun, Dennis Guiney, David Peterman and Chuck Zimmer, Van Drivers.

**COUNCIL ON AGING HOURS: 8:00 - 4 MONDAY - FRIDAY
OTHER HOURS POSSIBLE BY APPOINTMENT, 508-487-2462**

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